

**Abstract**

The invention provides a method that reduces degradation in the perceived quality of images in a video sequence due to data loss. This effect is achieved by effectively delaying the insertion of an INTRA coded frame (50) after a periodic INTRA frame refresh, INTRA update request, or scene cut. Frames associated with INTRA frame requests are not themselves coded in INTRA format, but instead a frame (50) occurring later in the video sequence is chosen for coding in INTRA format. Preferably, the actual INTRA frame is selected such that it lies approximately mid-way between periodic INTRA requests. Frames (P2, P3) occurring prior to the actual INTRA coded frame (50) are encoded using temporal prediction, in reverse order, starting from the actual INTRA frame, while those frames (P4, P5) occurring after the INTRA coded frame (50) are encoded using temporal prediction in the forward direction.

Figure 8